

Morning Informational Meeting

Sat., 07 April 2018, 10 o'clock

Bürgertreff HMÜ
Ziegelstrasse 56
or

Sat., 14 April 2018,
10 o'clock

Kreishaus Osterode
Herzbergerstrasse 5

Includes
lunch and musik

Excursion to Duisburg

Sa., 21.04.2018

Buses From
HMÜ & OHA

German Red Cross
Northrhein-Westphalia
Multicultural
Senior Center
„Haus am Sandberg“

Specialists & Resources

Sat., 28 April 2018,
10 o'clock

Hann. Münden or
Sat., 26 May 2018,
10 o'clock
Osterode

Specialists provide
information, support,
applications or acquiring
and using resources

Healthy Nutrition and Aging

Sat., 19 May 2018,
10 o'clock

Hann. Münden
oder

Sat., 9 June 2018, 10 o'clock

Osterode Kreishaus

Sharing a meal
&
overall reflections

You have lived and worked for a long time in Germany.

Are you now having thoughts about your retirement?

You want to make provisions for retirement. In case you fall ill, have you thought about how to remain independent?

When you are in need, have u looked into who could help you out?

We would like to provide information about potential problems associated with aging (such as the need for nursing care) to seniors who have migrated, and live in, the Göttingen District.

The programm „Aging Where Yout Now Live - Being well looked-after in the Göttingen District“ includes various events and informational meetings.

You and your companion are warmly invited to participate in these free events.

LANDKREIS GÖTTINGEN

Attendance of you and und your companion is free. As well the lunch and the excursion to Duisburg.

Registration welcome!
0551/ 525 9155

Göttingen District
Reinhäuser Landstrasse 4
37085 Göttingen